THE NUTRITION LABEL

Easy Ways to Use the Label For Healthy Eating
## Nutrition Facts

**Serving Size**: 1 cup (228g)  
**Servings Per Container**: 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 250</td>
<td>Calories from Fat 110</td>
</tr>
<tr>
<td>Total Fat 12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
</tr>
<tr>
<td><em>Trans</em> Fat 1.5g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 470mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*
Check the Ingredients. Remember they are listed in order of weight. (Most to least)
What are some things you should look out for on the ingredient list?

- Can you pronounce it? (Can a third grader pronounce it?)
- Do you have the ingredients to make it on your own?
- How many ingredients are there (too many usually means not good for you)?
- Is sugar in the top three ingredients (or another name for sugar)?
- Does it have added sugar (limit added sugar)?
- Can you picture the ingredients in nature?
Check the Serving Size.

Is your serving size small or large?

How many servings are in the container?
<table>
<thead>
<tr>
<th></th>
<th>Single Serving</th>
<th>% DV</th>
<th>Double Serving</th>
<th>% DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
<td>1 cup (228g)</td>
<td></td>
<td>2 cups (456g)</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>250</td>
<td></td>
<td>500</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>110</td>
<td></td>
<td>220</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>12g 18%</td>
<td></td>
<td>24g 36%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1.5g 3%</td>
<td></td>
<td>3g 30%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g 15%</td>
<td></td>
<td>6g 30%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg 10%</td>
<td></td>
<td>60mg 20%</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg 20%</td>
<td></td>
<td>940mg 40%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g 10%</td>
<td></td>
<td>62g 20%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g 0%</td>
<td></td>
<td>0g 0%</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>5g 10%</td>
<td></td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g 10%</td>
<td></td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
<td></td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
<td></td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
<td></td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
<td></td>
<td>8%</td>
<td></td>
</tr>
</tbody>
</table>
Check the Calories.
General Guide to Calories

400 Calories is high

100 Calories is moderate

40 Calories is low

(Based on a 2,000-calorie diet.)
Limit these Nutrients:
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium
- Sugars
Limit These Nutrients

The goal is to stay BELOW 100% of the DV for each of these nutrients per day.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1.5g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
</tbody>
</table>
Get enough of these Nutrients
- Vitamins
- Minerals
- Fiber
Get Enough of These Nutrients

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Fiber</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td>4%</td>
</tr>
</tbody>
</table>

Try to get 100% of the DV for each of these nutrients each day.
<table>
<thead>
<tr>
<th>营养成分</th>
<th>每份含量</th>
<th>% 日常需要量</th>
</tr>
</thead>
<tbody>
<tr>
<td>热量</td>
<td>250卡路里</td>
<td>110卡路里从脂肪</td>
</tr>
<tr>
<td>脂肪</td>
<td>12克</td>
<td>18%</td>
</tr>
<tr>
<td>饱和脂肪</td>
<td>3克</td>
<td>15%</td>
</tr>
<tr>
<td>胆固醇</td>
<td>30毫克</td>
<td>10%</td>
</tr>
<tr>
<td>钠</td>
<td>470毫克</td>
<td>20%</td>
</tr>
<tr>
<td>总碳水化合物</td>
<td>31克</td>
<td>10%</td>
</tr>
<tr>
<td>膳食纤维</td>
<td>0克</td>
<td>0%</td>
</tr>
<tr>
<td>糖</td>
<td>5克</td>
<td></td>
</tr>
<tr>
<td>蛋白质</td>
<td>5克</td>
<td></td>
</tr>
<tr>
<td>维生素A</td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>维生素C</td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>钙</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>铁</td>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

*每日需要量基于2000卡路里饮食。您的每日需要量可能因您的卡路里需求而不同。

<table>
<thead>
<tr>
<th></th>
<th>2000卡路里</th>
<th>2500卡路里</th>
</tr>
</thead>
<tbody>
<tr>
<td>脂肪</td>
<td>少于65克</td>
<td>少于60克</td>
</tr>
<tr>
<td>饱和脂肪</td>
<td>少于20克</td>
<td>少于25克</td>
</tr>
<tr>
<td>胆固醇</td>
<td>少于300毫克</td>
<td>少于300毫克</td>
</tr>
<tr>
<td>钠</td>
<td>少于2400毫克</td>
<td>少于2400毫克</td>
</tr>
<tr>
<td>总碳水化合物</td>
<td>300克</td>
<td>375克</td>
</tr>
<tr>
<td>膳食纤维</td>
<td>25克</td>
<td>30克</td>
</tr>
</tbody>
</table>
The Percent Daily Value

The % DV is based on 100% of the daily value for each nutrient.
What’s High? What’s Low?
Do You Have to Calculate to Know?

Footnote

% Daily Value*

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
</tr>
<tr>
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<td>3g</td>
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<tr>
<td><strong>Trans Fat</strong></td>
<td>1.5g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>470mg</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th></th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than</td>
<td>20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>30g</td>
<td>375g</td>
</tr>
<tr>
<td></td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
The % DV Does the Math for You

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
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<tr>
<td>Sodium</td>
<td>470mg</td>
<td>20%</td>
</tr>
</tbody>
</table>

Look here for highs and lows!
Quick Guide to % DV

5% DV or less is Low

Limit these Nutrients

Get Enough of these Nutrients

20% DV or more is High
No % Daily Value

- **Trans Fat**
- **Sugars**
- **Protein**
### Nutrition Facts

- **Calories**: 250
- **Calories from Fat**: 110
- **Total Fat**: 12g (18%)
  - Saturated Fat: 3g (15%)
- **Cholesterol**: 30mg (10%)
- **Sodium**: 470mg (20%)
- **Total Carbohydrate**: 31g (10%)
  - Dietary Fiber: 0g (0%)
  - Sugars: 5g
- **Protein**: 5g
- **Vitamin A**: 4%
- **Vitamin C**: 2%
- **Calcium**: 20%
- **Iron**: 4%

#### Daily Values

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than</td>
<td>65g</td>
</tr>
<tr>
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<td>Less than</td>
<td>20g</td>
</tr>
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<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
The Footnote

Purpose:

Gives upper or lower limits per day. Based on calories.
Let’s Practice
• 1st – Do you think it is a healthy or unhealthy choice overall?
Let's Practice

• 2\textsuperscript{nd} – Start with facts from the OPPOSITE of what you believe…

• This food contains/provides __________ which may lead a person to believe that it is a healthy/unhealthy choice because ______________.

• __________.
Let’s Practice

• 3rd – Switch to what you believe.

• “However, it also contains/provides ____________________________ ____________________________ ____________________________.”
Let’s Practice

- 4th – State what your overall belief about the food is.
- Don’t eat it at all – Red Light
- Eat a little, but be aware – Yellow Light
- Eat it!! – Green Light
Let’s Practice

• “Therefore, I would recommend______
____________________
____________________
____________________

(Remember RED LIGHT, YELLOW LIGHT, or GREEN LIGHT!)
Your Turn - Food Label Analysis

• Pick four food labels from the handout to evaluate.
• Start with listing positives and negatives in the T chart.
• Next, evaluate the ingredients.
• Finally, use the right side of the worksheet to communicate your analysis.
• Evaluate a total of four food labels.
• Food 1

• Fooducate Grade = C
• Food 2
• Fooducate grade = C+
• Food 3
• Fooducate Grade = C
• Food 4
• Fooducate grade = B
• Food 5
• Fooducate Grade B-
• Food 6
• Fooducate Grade= C-